

Meat Balls

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned low-sodium tomato paste	6 oz	2/3 cup	12 oz	1 1/3 cups	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
Water		1 cup		2 cups	
Low-sodium beef stock, non-MSG		2 cups		1 qt	
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp	
OR		OR		OR	
Fresh large eggs (see Special Tip)		5 each		9 each	
Rolled oats	14 1/2 oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups	
Instant nonfat dry milk	2 1/4 oz	3/4 cups 2 Tbsp	4 1/2 oz	1 3/4 cups	
Raw ground beef (no more than 15% fat)	7 lb 14 oz		15 lb 12 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, finely chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	
OR	OR	OR	OR	OR	

*Fresh celery, diced finely	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups
Dried parsley		1/4 cup		1/2 cup
Ground black or white pepper		1 Tbsp		2 Tbsp
Granulated garlic		1 Tbsp		2 Tbsp
Dried basil		3/4 tsp		1 1/2 tsp
Dried oregano		3/4 tsp		1 1/2 tsp
Dried marjoram		1/2 tsp		1 tsp
Dried thyme		1/2 tsp		1 tsp
Salt		1 tsp		2 tsp

3. Portion with level firmly packed No. 16 scoop (¼ cup) into steamtable pans (12" x 20" x 2 ½"), 25 meat balls per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.

4. Bake: Conventional oven: 350° F for 40 minutes Convection oven: 275° F for 40 minutes
CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.

5. Drain fat from pans.

6. CCP: Hold for hot service at 135° F or higher.

7. Serve with Brown Gravy (see G-03), Meatless Tomato Sauce (see G-07), or in a meat ball submarine sandwich.

Notes

Comments:

*See Marketing Guide.

Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	11 oz	1 lb 6 oz
Celery	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
2 meat balls provide 2 oz equivalent meat/meat alternate and 1/8 cup other vegetable.	50 Servings: about 11 lb 2 ½ oz 100 Servings: about 22 lb 5 oz	50 Servings: 1 gallon 2 ¾ quarts (raw) 100 meat balls 100 Servings: 3 gallons 1 ½ quarts (raw) 200 meat balls